



June 2016

## Fun in the Sun!

[www.communitybridges.org](http://www.communitybridges.org)

### Summertime Planning

Are you looking forward to summer or concerned about having your school-agers home all day for several weeks? For many family child care providers, transitioning to summer is a mix of wondering how to keep everyone engaged and taking advantage of every minute of sunshine. Yes, the infants and toddlers, especially, will still need a routine but thoughtful preparation can help make this a great experience for all the children in your care.

**Planning is Key:** You've probably already recognized that we believe planning is critical to operating a successful family child care program but it's even more important during times when older children are out of school. Getting ready to have a great summer is a little like thinking about your garden before you plant it. Now is a perfect time to do some of the "prep" work.

**Design:** Identify activities you and the children enjoy. These might include neighborhood walks, visiting local parks, attending story time at the library, taking swimming lessons at a local pool and other activities that engage children of multiple ages. Have a list of those that you are willing to do and then take time to "plan" the summer curriculum with the children, especially the older ones.

**Prepare:** Make a list of the groups' favorites and share those with your parent clients to ensure they are comfortable with the possible options. Perhaps some parents will want to join you during some activities. Decide how often you'll do a special activity – depending on the ages of the group you have for the summer you may choose to do no more than 1 or 2 during the summer or you may decide that you'll do a different activity several times each week.

Think about what you'll need to do to keep a routine for younger children. Can you begin making small changes to your schedule now to prepare for summer activities? How will you ensure regular times for nutritious snacks and meals are included?

**Plan:** Collect information about each of the activities. Have the children help you make decisions about which ones are "top priorities" and which ones they might choose as substitutes if necessary. If there are fees such as admission or registration costs that the parents will need to cover; let them know as soon as you have the information. Many providers find that an activity calendar for the summer helps remind parents if special equipment or clothing is needed for a planned activity. Of course, you'll still need to give parents verbal reminders about what you and the children will be doing.

**Enjoy:** After decisions about summer activities are complete, make sure you have all the information you need from and for parents. Develop a travel portfolio that includes each child's emergency information, check your first aid kit and add any missing items, and prepare to spend a great summer.

Source: <http://www.childcareinfo.com/blog/2016/5/15/summertime-planning>

### Program Reminders/ Updates

- **Summer Schedules:** Do you have children in care that have summer vacation off. Please be sure to submit their school calendar to us if you haven't already. Remember to document on CIF the start and end of summer vacation.
- **Workshops:** Have you signed up for a workshop? If not be sure to contact your consultant today to sign up for one of the remaining sessions.

## Menu Ideas – Meatless Mondays

### Breakfast

WW Pancakes	WW English Muffins	Oatmeal	Cereal Granola	WW Bagel & cr. Chz.
Blueberries	Tomatoes	Kiwi	Banana Slices	Cucumber, avocado
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Lunch or Dinner

Beans & Mozz. cheese	<b>**Gone Fishin'</b>	Egg salad	Baked chicken	Ground beef
WW English muffins	Brown rice	WW Pita	Israeli pasta	Tortilla (burrito)
Broccoli	Corn on cob	Tomato & Cucumber	Carrots	Lettuce & tomatoes
Strawberries	Watermelon	Apple Slices	Pears	Mixed Fruit
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Snack Am or Pm

Pretzels	Almond butter	Whole w. Crackers	Quesd. Jack cheese	Hummus
Watermelon	Celery	Orange	WW tortilla	Carrot sticks

### Refer a Friend!

Do you know someone that is eligible to join CACFP? For each provider you refer to the program, your name will be entered into a drawing for a \$25 Target gift card.



**Program Rules:** New provider must identify the referral source. CACFP provider will be entered into drawing after new provider begins claiming.



### \*\*Gone Fishin'



#### Ingredients:

- 3/4 lb. fish filets cut into strips
- 2 Tbsp. olive oil
- 1 Tbsp. Lemon Juice
- Pinch Oregano
- Pinch ground thyme
- ¼ tsp. Paprika
- Pinch cayenne

#### Instructions:

1. Place fish portions on an ungreased pan.
2. Mix seasonings in a small bowl. Place in a shaker.
3. Sprinkle lemon juice over the top of fish fillets.
4. Shake seasoning mix over top of fish.
5. Lightly spray or drizzle oil over the seasonings.
6. Bake at 350°F for 20 minutes or until fish flakes with fork.

Yield: 5 servings for 3-5 year olds

Meets requirement: meat/meat alternate at lunch or dinner

Source: CACFP menu planning guide, Wisconsin & Team Nutrition

### Activity Corner – warm weather fun!

1. **Sponge Relay** - Use three buckets (one for each team and one on opposite end filled with water), at least one sponge for each team, and a large container of water. Divide the kids into two teams and line them up across from their bucket. One at a time, each member of the team grabs a sponge and runs to their bucket. Have them squeeze out as much water as they can and run back to their team so the next person can go. At the end of the allotted time, measure to see who got the most water in their bucket.

2. **Drip, Drip, Drench** - This game is basically "Duck, Duck, Goose" with a sponge. Have the kids sit in a circle and one person is "it" first. Have them walk around the circle, dripping the sponge on everyone's head and repeating "drip, drip, drip..." until they get to the person they want to "DRENCH"! Don't be surprised if it turns into a game of "Drench, Drench, and more Drench". We are sure the kids will love it!!



3. **Sponge Bullseye** - For this game draw a bullseye and assign a points value to each circle of the target. Have the kids stand on the starting line and toss their sponge at the target.

Source: <http://www.mamaslikeme.com/2012/07/fun-water-games-for-kids.html>

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